

Relationship, Sex & Health Education

Overview



Year Group	Focus
Year 7	<p>Health and puberty</p> <ol style="list-style-type: none">1. Healthy lifestyle choices2. Caffeine, smoking and alcohol3. Puberty and consent <p>Relationships & Sex Education day-</p> <ol style="list-style-type: none">1. Puberty2. Body Parts3. Fluids4. Menstruation5. Online Safety
Year 8	<p>Identity and relationships</p> <ol style="list-style-type: none">1. Selfies2. What makes a successful marriage/committed relationship3. Age of consent and what consent is, delaying sexual activity <p>Relationships & Sex Education day</p> <ol style="list-style-type: none">1. Puberty2. Body Parts3. Fluids4. Menstruation5. Mental & Physical wellbeing6. Help seeking
Year 9	<p>Respectful relationships</p> <ol style="list-style-type: none">1. Acceptable and unacceptable behaviour in relationships2. When relationships are not right – how situations can be managed3. Positive effects of relationships on mental wellbeing <p>Intimate relationships</p> <ol style="list-style-type: none">1. Developing intimate relationships2. Resisting pressure to have sex (and not applying pressure)3. Delaying sexual activity and Contract <p>Relationships & Sex Education day</p> <ol style="list-style-type: none">1. Relationships & consent2. Contraception3. LGBTQ+

4. Pornography & Online safety

Year 10

Healthy relationships

1. Human sexuality
2. Reasons for delaying sexual activity
3. Choices permitted by law around pregnancy

Relationships & Sex Education day

1. Sexual Health
2. Relationships & Consent
3. LGBTQ+
4. Contraception
5. Coercive relationships
6. FGM

Year 11

Independence

1. Making responsible health choices (drugs, alcohol)
2. Safety in social situations
3. Financial planning and budgeting

Families

1. Different families and parental responsibilities
2. Pregnancy
3. Marriage, forced marriage and changing relationships

Relationships & Sex Education day

1. Sexual Health
2. Relationships & Consent
3. Contraception
4. Coercive relationships
5. FGM